



UNIVERSITY OF OTTAWA  
HEART INSTITUTE  
INSTITUT DE CARDIOLOGIE  
DE L'UNIVERSITÉ D'OTTAWA

OTTAWA MODEL  
FOR SMOKING CESSATION  
MODÈLE D'OTTAWA  
POUR L'ABANDON DU TABAC

# YOUR QUIT SMOKING PLAN



# IT'S YOUR TIME TO QUIT

Quitting smoking is hard, but it is possible. Every year, thousands of people go smoke-free. You can do it, too!

## YOUR QUIT PLAN INCLUDES FIVE STEPS:

- STEP 1 - Set Your Quit Date .....pg 4
- STEP 2 - Choose a Quit Smoking Medication .....pg 6
- STEP 3 - Choose Your Quit Smoking Follow-up Support .....pg 14
- STEP 4 - Prepare for Your Quit Date .....pg 16
- STEP 5 - Stay Quit .....pg 18

This booklet will help you create your own personalized quit smoking plan. By completing each step, you will very significantly increase your chances of quitting successfully.

On page two, you can record your quit smoking plan.

Remember, quitting smoking is the single most important thing you can do for your health!

## THE BENEFITS OF QUITTING ARE IMMEDIATE

- 
- **Within 8 hours of quitting:** Carbon monoxide levels drop and oxygen levels go back to normal.
  - **Within 48 hours of quitting:** The chances of having a heart attack start decreasing, and the senses of taste and smell start improving.
  - **Within 72 hours of quitting:** Bronchial tubes relax, which makes breathing easier, and lung capacity increases.
  - **Within 2 weeks to 3 months of quitting:** Blood circulation gets better, and lung function improves by as much as 30%.
  - **Within 6 months of quitting:** Coughing, tiredness, sinus congestion and shortness of breath all improve.
  - **Within 1 year of quitting:** The risk of heart attack due to smoking falls to half that of someone who still smokes.
  - **Within 10 years of quitting:** The risk of dying from lung cancer falls to half that of someone who still smokes.
  - **Within 15 years of quitting:** The risk of dying from a heart attack becomes the same as for someone who has never smoked.

# YOUR QUIT PLAN

## STEP 1: YOUR QUIT DATE (see page 4):

Day	Month	Year
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## STEP 2: YOUR QUIT SMOKING MEDICATION(S)

(see pages 6-13):

Nicotine Replacement Therapy (NRT)

Patch  Inhaler  Gum  Lozenge

Varenicline

Bupropion

START DATE \_\_\_\_\_

\* Remember, if you are taking varenicline or bupropion, start the medication 8 days before your quit date.

## STEP 3: YOUR FOLLOW-UP SUPPORT

(see pages 14-15):

Quit Smoking Automated Follow-up Program

Health Professional Support

Smokers' Quit Lines/Online Support

Other Community Resources

## YOUR PLAN FOR SUCCESS

It is important to identify, and to be prepared for, situations in which you may feel tempted to smoke.

Think about how smoking fits into your life and times when you normally feel the urge to smoke throughout the day (for example, with your morning coffee, during breaks, after dinner, in the car, social occasions, etc.). Then, come up with a plan for how you will deal with these situations once you've quit. Use the table below to create your own personal Plan for Success.

SITUATION	YOUR PLAN
For example: During breaks at work	Take a walk

### How Much Will You Save?

\_\_\_\_\_ # packs x \$ \_\_\_\_\_ / pack x 12 months = \$ \_\_\_\_\_  
x 5 years = \$ \_\_\_\_\_



# STEP 1

## SET YOUR QUIT DATE

YOUR  
QUIT DATE:

DD/MM/YY

Pick a quit date in the next 30 days.

Although there is no perfect day to quit, consider these suggestions before picking your date:

- Choose a date when your days will be relatively routine
- Consider choosing a Monday or a weekend
- Avoid selecting a date near a major deadline or when you are ill
- Avoid selecting a date near your birthday or another special event
- If you are a woman, avoid picking a date immediately before your menstrual cycle



September 2010						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

October 2010						
S	M	T	W	T	F	S
				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

November 2010						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

December 2010						
S	M	T	W	T	F	S
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

January 2011						
S	M	T	W	T	F	S
					1	
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

February 2011						
S	M	T	W	T	F	S
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

March 2011						
S	M	T	W	T	F	S
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

April 2011						
S	M	T	W	T	F	S
				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

May 2011						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

June 2011						
S	M	T	W	T	F	S
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

July 2010						
S	M	T	W	T	F	S
				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

August 2011						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

# STEP 2

## CHOOSE A QUIT SMOKING MEDICATION

We recommend that all smokers take advantage of available quit smoking medications. These medications have been shown to **double or triple** the chances of being successful with quitting. There are three types of medications for you to choose from:

### 1. Nicotine Replacement Therapy (NRT)

– Patch, Inhaler, Gum or Lozenge

### 2. Varenicline (Champix®) – Pill

### 3. Bupropion (Zyban®) – Pill

Quit smoking medications are safe to use and will help manage cravings and other feelings of withdrawal while you get used to life as a non-smoker.

### Option 1:

#### Nicotine Replacement Therapy (NRT)

NRT helps to reduce your withdrawal symptoms, like cravings to smoke, anxiety, irritability, headaches, and difficulty concentrating, that commonly occur when trying to quit smoking. NRT comes in the form of patch, inhaler, gum or lozenge. Each form can be used alone or often two or more forms of NRT are used together. The type, amount, and length of NRT treatment can be changed to meet your needs.

The advantages of using NRT instead of smoking:

∴ You will receive much less nicotine from NRT than if you were to continue smoking;

∴ NRT does not expose your body to the 4000+ chemicals in cigarette smoke.

### NRT Combination Therapy

You can adjust the dose of your NRT according to how you feel. If you are experiencing cravings or withdrawal, you may need to increase your dose by adding either a 7 mg patch or a short-acting NRT to your treatment plan. See the following pages for more information on NRT options (patch, inhaler, gum and lozenge).



## Nicotine Replacement Therapy (NRT) - Long Acting

### NRT Patch

Number of cigarettes you smoke per day	Recommended Treatment Plan	Instructions	Possible Side Effects
Less than 10	<ul style="list-style-type: none"> <li>Use one 7 mg nicotine patch daily for weeks 1 - 6</li> <li>Use gum, lozenge or inhaler after weeks 1 - 6</li> </ul>	<ul style="list-style-type: none"> <li>Apply the patch to a clean, dry, non-hairy area on the upper part of your body (arms, chest, back).</li> <li>Replace the patch with a new one every 24 hours.</li> <li>Be sure to remove the old patch before putting on a new one.</li> <li>If you have difficulty sleeping, remove your nicotine patch at bedtime.</li> </ul>	<ul style="list-style-type: none"> <li>headache</li> <li>dizziness</li> <li>nausea</li> <li>flushing</li> <li>stomach upset</li> <li>skin irritation</li> <li>trouble sleeping</li> </ul>
Between 10 and 20	<ul style="list-style-type: none"> <li>Use one 14 mg nicotine patch daily for weeks 1 - 6, then</li> <li>Use one 7 mg nicotine patch daily for weeks 7 - 10</li> </ul>	<p><b>Managing cravings</b></p> <p>It is important that your plan include the appropriate level of NRT. If after 24 hours of starting NRT you are still experiencing moderate to severe cravings to smoke or other withdrawal symptoms, try adding one of the short acting NRTs like the inhaler, gum, or lozenge and use when needed.</p> <p>OR you can add one 7 mg NRT patch to your treatment plan.</p> <p>Contact your quit smoking follow-up support, family doctor, or pharmacist if your symptoms continue.</p>	
More than 20	<ul style="list-style-type: none"> <li>Use one 21 mg nicotine patch daily for weeks 1- 6, then</li> <li>Use one 14 mg nicotine patch daily for weeks 7 &amp; 8, then</li> <li>Use one 7 mg nicotine patch daily for weeks 9 &amp; 10</li> </ul>		
More than 30	<ul style="list-style-type: none"> <li>Use two nicotine patches (21 mg + 7 mg) daily for weeks 1 - 6, then</li> <li>Use one 21 mg nicotine patch daily for weeks 7-10, then</li> <li>Use one 14 mg nicotine patch daily for weeks 11 &amp; 12, then</li> <li>Use one 7 mg nicotine patch daily for weeks 13 &amp; 14 or longer</li> </ul>		
More than 40	<ul style="list-style-type: none"> <li>Use two nicotine patches (21 mg + 21 mg) daily for weeks 1 - 6</li> <li>Use two nicotine patches (21 mg + 14mg) daily for weeks 7 &amp; 8, then</li> <li>Use two nicotine patches (21 mg + 7 mg) daily for weeks 9 &amp; 10, then</li> <li>Use one 21 mg nicotine patch daily for weeks 11 &amp; 12, then</li> <li>Use one 14 mg nicotine patch daily for weeks 13 &amp; 14, then</li> <li>Use one 7 mg nicotine patch daily for weeks 15 &amp; 16 or longer</li> </ul>		



starting at  
**\$25-30/week**

## Nicotine Replacement Therapy (NRT) - Short Acting

### NRT Inhaler

#### Recommended Treatment Plan

(when using inhaler on its own)

- ∴ Use 6-12 cartridges per day for the first 6 weeks
- ∴ Reduce the amount of cartridges used per day in weeks 6-12
- ∴ Some smokers require 1-2 cartridges per day beyond 12 weeks to manage cravings



#### Instructions

- ∴ Puff as needed to manage cravings.
- ∴ Inhale 80 puffs over 20 minutes or until cravings are gone. Often, using the inhaler for 5 minutes is enough.
- ∴ Take slow puffs to avoid throat burn.
- ∴ Avoid eating or drinking 15 minutes before or during use.

#### Possible Side Effects

- ∴ headache
- ∴ nausea
- ∴ mouth/throat irritation

**\$40/week**

### NRT Gum

#### Recommended Treatment Plan

(when using gum on its own)

- 2 mg (if you smoke your first cigarette 30 or more minutes after you wake up)
- 4 mg (if you smoke your first cigarette within 30 minutes of waking up)

- ∴ Use one piece as needed every 1-2 hours for weeks 1 - 6
- ∴ Use one piece as needed every 2-4 hours for weeks 7 - 9
- ∴ Use one piece as needed every 4-8 hours for weeks 10 - 12



#### Instructions

- ∴ Should be chewed slowly until you can taste the nicotine or feel a slight tingling in your mouth, then stop chewing.
- ∴ Place the gum between your cheek and gum. After one minute, repeat the process until cravings are resolved.
- ∴ Chew and park each piece for 20 - 30 minutes or until your craving passes.
- ∴ Avoid eating or drinking 15 minutes before or during use.

#### Possible Side Effects

- ∴ clings to dental work
- ∴ nausea
- ∴ hiccups
- ∴ jaw pain
- ∴ mouth soreness

**\$40-55/week**

### NRT Lozenge

#### Recommended Treatment Plan

(when using lozenge on its own)

- 2mg (if you smoke your first cigarette 30 or more minutes after you wake up)
- 4mg (if you smoke your first cigarette within 30 minutes of waking up)

- ∴ Use one piece as needed every 1-2 hours for weeks 1 - 6
- ∴ Use one piece as needed every 2-4 hours for weeks 7 - 9
- ∴ Use one piece as needed every 4-8 hours for weeks 10 - 12



#### Instructions

- ∴ Place the lozenge in your mouth and let it dissolve, moving it back and forth from time to time.
- ∴ Each lozenge will last about 20-30 minutes.
- ∴ Avoid eating or drinking 15 minutes before or during use.

#### Possible Side Effects

- ∴ nausea
- ∴ headache
- ∴ heartburn
- ∴ coughing
- ∴ hiccups

**\$40-55/week**

## Option 2:

### Varenicline (Champix®)

Varenicline comes in pill form. It targets the nicotine receptors in your brain, reducing your cravings for nicotine, and it takes away the satisfaction you get from smoking. Varenicline should be started 8 days **before** your quit date.



Treatment Plan	Instructions	Possible Side Effects
<b>Days 1-3:</b> One (0.5mg) tablet daily .....	<ul style="list-style-type: none"> <li>∴ Begin taking varenicline 8 days <b>before</b> your quit date.</li> </ul>	<ul style="list-style-type: none"> <li>∴ nausea</li> <li>∴ vomiting</li> <li>∴ trouble sleeping</li> <li>∴ headache</li> </ul>
<b>Day 4-7:</b> One (0.5 mg) tablet at breakfast and one (0.5 mg) tablet at dinner (or at least 8 hours after first tablet) .....	<ul style="list-style-type: none"> <li>∴ Take the pill after a meal with a full glass of water.</li> <li>∴ Do not engage in potentially hazardous tasks, such as operating machinery, until you are sure this medication does not affect your mental alertness.</li> </ul>	<ul style="list-style-type: none"> <li>∴ abnormal dreams</li> <li>∴ constipation</li> <li>∴ gas</li> <li>∴ allergic reaction (rare)</li> <li>∴ altered/depressed mood</li> </ul>
<b>Weeks 2-12:</b> One (1 mg) tablet at breakfast and one (1 mg) tablet at dinner (or at least 8 hours after first tablet) .....	<p>Please note: If either you or your family notice agitation, depressed mood, or changes in behaviour that are not typical for you, or an allergic reaction, stop taking the medication and contact your quit smoking follow-up support or family doctor immediately.</p> <p>If you forget to take your medication, you may take it within a few hours of that scheduled dose. Otherwise, wait until your next scheduled dose.</p>	<p>The dosage can be adjusted to lessen the side effects. Contact your quit smoking follow-up support, family doctor, or pharmacist for assistance.</p>
The usual duration of varenicline is 12 weeks; however, some people may continue to take it for up to 24 weeks.		<div style="border: 1px solid black; border-radius: 10px; padding: 5px; display: inline-block;"> <b>\$36/week</b> </div>

## Option 3:

### Bupropion (Zyban®)

Bupropion is another pill option. Bupropion helps balance the chemicals in your brain to reduce nicotine cravings and withdrawal. Bupropion should be started 8 days **before** your quit date.



Treatment Plan	Instructions	Possible Side Effects
<b>Days 1-3:</b> One (150 mg) tablet daily .....	<ul style="list-style-type: none"> <li>∴ Begin taking bupropion 8 days <b>before</b> your quit date.</li> </ul>	<ul style="list-style-type: none"> <li>∴ dry mouth</li> <li>∴ difficulty sleeping</li> <li>∴ nausea</li> </ul>
<b>Day 4-Week 12:</b> One (150 mg) tablet at breakfast and one (150 mg) tablet at dinner (or at least 8 hours after the first tablet) .....	<ul style="list-style-type: none"> <li>∴ Ensure at least 8 hours between doses.</li> <li>∴ Do not use alcohol while taking bupropion.</li> </ul> <p>Please note: If either you or your family notice agitation, depressed mood, or changes in behaviour that are not typical for you, or an allergic reaction, stop taking the medication and contact your quit smoking follow-up support or family doctor immediately.</p> <p>If you forget to take your medication, you may take it within a few hours of that scheduled dose. Otherwise, wait until your next scheduled dose.</p>	<ul style="list-style-type: none"> <li>∴ constipation</li> <li>∴ shakiness</li> <li>∴ altered taste</li> <li>∴ anxiety</li> <li>∴ palpitations</li> <li>∴ seizures (rare)</li> </ul> <p>The dosage can be adjusted to lessen the side effects. Contact your quit smoking follow-up support, family doctor, or pharmacist for assistance.</p>
The usual duration of bupropion is 12 weeks; however, some people may continue to take it for up to 24 weeks.		<div style="border: 1px solid black; border-radius: 10px; padding: 5px; display: inline-block;"> <b>\$15-21/week</b> </div>

# STEP 3

## CHOOSE YOUR QUIT SMOKING FOLLOW-UP SUPPORT

Taking part in follow-up support programs greatly increases your chances of quitting. The more support you have, the better!

Here are some options for follow-up:

### Quit Smoking Automated Follow-up Program

This program sends brief automated calls that ask you basic questions about how you are doing with quitting. If your answers suggest you are having a tough time and could use a little help, one of our Quit Smoking Specialists will call you back.

### Health Professional Support

If you have general questions about your medications or your quit attempt, you can also visit your family doctor, pharmacist, or other healthcare professional for more information and guidance.

### Smokers' Quit Lines/Online Support

Quit Lines are available in each province and provide support over the telephone or online. See page 21 to find support in your area.

### Other Community Resources

Contact your local public health unit or community centre to find out about quit smoking programs and support available in your area.



## Quit Smoking Automated Follow-up Program

### Automated Follow-Up Calls

As part of the quit smoking follow-up program, you will receive follow-up calls from our automated telephone system

- 7 days before your quit date.
- 3 days, 14 days, and once a month for up to 6 months after your quit date.

### Connecting You to Our Quit Smoking Specialists

If, for any reason, you are struggling with your quit attempt or have questions, you will be able to connect to a Quit Smoking Specialist. Our Quit Smoking Specialists are trained in helping smokers quit and will work with you to adjust your plan to help you with any difficulties, including a slip, temptation or cravings.

### What If I Have Returned to Smoking?

Even if you have returned to smoking, please answer the automated call and let us know how you are doing. A Quit Smoking Specialist can contact you to discuss how to get back on track.

**What If I Missed My Call?** If we missed you, the automated system will try to call you back or, if you prefer, you can contact the Quit Smoking Specialist at the telephone number originally provided to you.

**Each automated call will take less than 3 minutes to complete!** You can identify these calls as "Help 2 Quit" on your call display

# STEP 4

## PREPARE FOR YOUR QUIT DATE

### One to Three Weeks Before:

- ∴ Cut back the amount that you smoke.
- ∴ Practice being smoke-free. Make your house and car smoke-free zones.
- ∴ If you have family or friends who smoke, ask them not to smoke around you or offer you any cigarettes.
- ∴ Plan different rewards for yourself for staying 'smoke-free.'
- ∴ If you are going to use varenicline or bupropion, begin taking your medication 8 days before your quit date.

### The Day Before:

- ∴ If you are using NRT, make sure you have the NRT ready for the morning.
- ∴ **THROW OUT ALL OF YOUR CIGARETTES.**
- ∴ Throw out your ashtrays and lighters.
- ∴ Think positively about the change you are about to make.
- ∴ Remind your friends, family and co-workers that tomorrow is your quit date and that you appreciate their support.

### On Your Quit Date:

- ∴ If you are using NRT, apply the patch first thing in the morning.
- ∴ Make a conscious effort not to be around people who smoke.
- ∴ Keep yourself busy at times when you might normally smoke.
- ∴ Carry things to put in your mouth, like gum, the inhaler, hard candy or toothpicks.
- ∴ Drink a lot of water.
- ∴ Avoid drinks like wine and beer. They can trigger you to smoke.
- ∴ Use the nicotine inhaler or gum to help you through cravings.
- ∴ Cut back your intake of caffeine by at least half, either by reducing the number of cups of coffee, tea or colas that you drink per day or by switching to decaffeinated beverages. Non-smokers are more affected by caffeine, and reducing your intake will help you to avoid any unpleasant effects such as "caffeine jitters", nervousness, irritability, headaches, sleeplessness, or heart palpitations.

### Take It Easy

Quitting could seem stressful over the next few days. Take some time for yourself. Try to avoid or walk away from stressful or difficult situations.



# STEP 5

## STAY QUIT

### What to Expect

**Withdrawal Symptoms:** It is normal to experience withdrawal symptoms when quitting smoking. Symptoms may include: headache, dizziness, slight confusion, feeling anxious or fidgety, difficulty concentrating, or changes in your mood. The smoking cessation medications will help reduce or eliminate the withdrawal symptoms you experience while quitting. See pages 6-13 for more information. If your symptoms persist, contact your Quit Smoking Specialist, family doctor, or pharmacist.

**Cravings:** Cravings to smoke are also common. Their intensity usually decreases over a 2-3 week period. **It is important to remember that cravings normally last only 3 to 5 minutes.** Try to keep yourself occupied for 3 to 5 minutes, and the craving should pass.

**The good news is that each day without a cigarette will get easier and your cravings and withdrawal symptoms will decrease day by day.**

#### When You Feel the Urge to Smoke, Think of the 4 Ds.

**Delay:** Cravings will usually pass within 3-5 minutes, so try to delay smoking

**Drink Water:** Drinking water helps to flush out the chemicals and toxins from your system

**Distract:** Occupy yourself with a task to keep your mind off smoking

**Deep Breaths:** Deep breathing will help you relax and make the cravings go away. Inhale deeply, hold for a couple of seconds, and then release slowly.

### Dealing With Stress:

Stress is a normal part of everyday life. Many people smoke because they believe it helps them cope with stress. The truth is that smoking can actually increase stress because nicotine causes your heart rate and blood pressure to rise. You may find it helpful to join a support group or find a friend to quit with or talk to. Learn to relax and, when you feel stress coming on, take deep breaths through your nose.

### Changes to Your Mood:

As your body adapts to being a non-smoker, you may feel anxious, irritable, depressed, or have difficulty concentrating. Be patient with yourself in the first few weeks after quitting.

Stress or social situations involving alcohol are the top reasons people go back to smoking.

**Coughing:** Many smokers find that they cough more in the first few weeks after quitting. This is your lungs clearing themselves. Consider it a sign that you're getting healthier!

**Managing Your Weight While Quitting:** Experiencing an increase in appetite is normal while quitting smoking. Some people can expect to gain between 5 and 7 pounds during the first few months of quitting. Making a small change to your diet (e.g. choosing healthy snacks and drinking plenty of water) and exercise routine (e.g. going for a 30-minute walk) can help to manage your appetite and possible weight gain.

### Take a Break - Walk Away From Stress

Walking is a great way to relieve stress as well as to help manage any cravings or withdrawal you may experience when quitting. Taking regular walks will also help manage your weight after quitting.



## If You Have a Slip...

If you slip, have a plan to get back on track and start stopping all over again! **If you find yourself smoking:**

**Change the Situation:** Stop smoking immediately, leave the room, throw out your cigarettes... and carry on with your quit attempt.

**Talk Positively to Yourself:** Remind yourself of how far you have come and, encourage yourself to keep at it.

**Take Action:** Find something else to do that makes it difficult to smoke, e.g. showering, engaging in physical activity, or chewing mint-flavoured gum.

**Ask for Help:** Talk to someone to distract or encourage you.

Don't let a slip throw you off your quit smoking plan. Don't hesitate to give us a call if you are having any trouble – we are here to help.

## Enjoying Life Without Smoking

When you quit smoking, you will very quickly begin to experience health and other personal benefits that come with quitting. You are not only breaking your nicotine addiction but also the routines you have developed around smoking. Here's a list of activities that you can do instead of smoking:

- ⋮ Go for a walk or take part in another form of exercise
- ⋮ Take up a new hobby or alternative pleasures that involve your hands like painting, knitting, or gardening
- ⋮ Listen to music
- ⋮ Practice relaxation
- ⋮ Phone a friend
- ⋮ Catch up on household projects you have been putting off
- ⋮ Reward yourself with the money you have saved

## IT'S YOUR TIME TO QUIT

## Smokers' Quit Lines/Online Support

Quit Lines are available in every province and provide support over the telephone or online.

### ALBERTA

Smokers' Helpline  
1-866-332-2322 (English)  
8:00 am – 8:00 pm  
7 days a week  
24/7 voicemail  
www.smokershelpline.ca

### BRITISH COLUMBIA

Quit Now  
1-877-455-2233  
(English, French, 121 languages)  
24/7 incoming calls  
www.quitnow.ca

### MANITOBA

Smokers' Helpline  
1-877-513-5333  
(English and French)  
Monday to Thursday:  
7:00 am – 7:00 pm,  
Friday: 7:00 am – 4:00 pm,  
Saturday and Sunday:  
7:00 am – 3:00 pm  
24/7 voicemail  
www.smokershelpline.ca

### NEW BRUNSWICK

Smokers' Helpline  
1-877-513-5333  
(English and French)  
Monday to Thursday:  
9:00 am – 10:00 pm,  
Friday: 9:00 am – 7:00 pm,  
Saturday and Sunday:  
10:00 am – 6:00 pm  
24/7 voicemail  
www.smokershelpline.ca

### NEWFOUNDLAND AND LABRADOR

Smokers' Helpline  
1-800-363-5864 (English)  
Monday to Thursday:  
9:00 am – 9:00 pm,  
Friday: 9:00 am – 5:00 pm  
24/7 voicemail  
www.smokershelp.net/

### NORTHWEST TERRITORIES

NWT Quit Line  
1-866-286-5099  
www.nwtquitline.ca

### NOVA SCOTIA

Smokers' Helpline  
1-877-513-5333  
(English & French)  
Monday to Thursday:  
9:00 am – 10:00 pm,  
Friday: 9:00 am – 7:00 pm,  
Saturday and Sunday:  
10:00 am – 6:00 pm  
24/7 voicemail  
www.smokershelpline.ca

### NUNAVUT

Quit Now by Phone  
1-866-877-3845

### ONTARIO

Smokers' Helpline  
1-877-513-5333  
(English & French)  
Monday to Thursday:  
8:00 am – 9:00 pm,  
Friday: 8:00 am – 6:00 pm,  
Saturday and Sunday:  
9:00 am – 5:00 pm  
24/7 voicemail  
www.smokershelpline.ca

### PRINCE EDWARD ISLAND

Smokers' Helpline  
1-877-513-5333  
(English & French)  
Monday to Thursday:  
9:00 am – 10:00 pm,  
Friday: 9:00 am – 7:00 pm  
Saturday and Sunday:  
10:00 am – 6:00 pm  
24/7 voicemail  
www.smokershelpline.ca

### QUÉBEC

Ligne j'Arrête! / iQuitNow!  
1-866-527-7383  
(English & French)  
Monday to Thursday:  
8:00 am to 9:00 pm,  
Friday: 8:00 am to 8:00 pm  
24/7 voicemail  
www.jarrete.qc.ca/fr/  
www.jarrete.qc.ca/en/

### SASKATCHEWAN

Smokers' Helpline  
1-877-513-5333  
(English and French)  
Monday to Thursday:  
7:00 am to 7:00 pm,  
Friday: 7:00 am to 4:00 pm  
Saturday and Sunday:  
7:00 am – 3:00 pm  
24/7 voicemail  
www.smokershelpline.ca



**ACKNOWLEDGEMENTS** Information in this Quit Plan has been adapted from the following sources:

One step at a time: For smokers who want to quit. Canadian Cancer Society.

On the road to quitting: Guide to becoming a non-smoker. Health Canada.

Quit: You have it in you. Smoke Free Ontario. Ontario Ministry of Health Promotion.

U.S. Department of Health and Human Services. Treating tobacco use and dependence: Clinical Practice Guideline 2008 update.

Tools for health smoker's guide. Healthy Heart Society of British Columbia.

Stop Smoking – Start Living. National Health Services. United Kingdom.